

GOTWALS

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Covid-19 vaccines safe for kids, doctor says

Dr. Sarah Sparks-Stroinski answered our burning question: Are Covid-19 vaccines safe for kids?

“Yes, they are safe,” said Dr. Sparks-Stroinski, a doctor at St. Christopher’s Hospital for Children in Philadelphia. The medical community makes sure that vaccines are safe before recommending people get them, she said. They do trials on a certain number of kids to make sure that they are safe.

Dr. Sparks-Stroinski said it is important to get the vaccine because it will help prevent people from getting sick. The vaccine also decreases the spread of the virus to other people. She said the Covid vaccine teaches the body's immune system how to fight off the coronavirus if a person were to become infected.

Scientists have been working on a new way of making vaccines for a long time, she said. So when Covid-19 hit, scientists were able to develop a vaccine quickly to help prevent it. She said some

common side effects of the vaccine are a sore arm and feeling run down or tired. She added that these side effects usually go away within a day.

A person cannot get Covid-19 from the vaccine, Dr. Sparks-Stroinski said, because the virus is

not being put into your body.

Dr. Sparks-Stroinski said that vaccines are not a 100% guarantee that you will not get sick, but they are preventing people from going into the hospital.

— *By Healthy Press reporters*

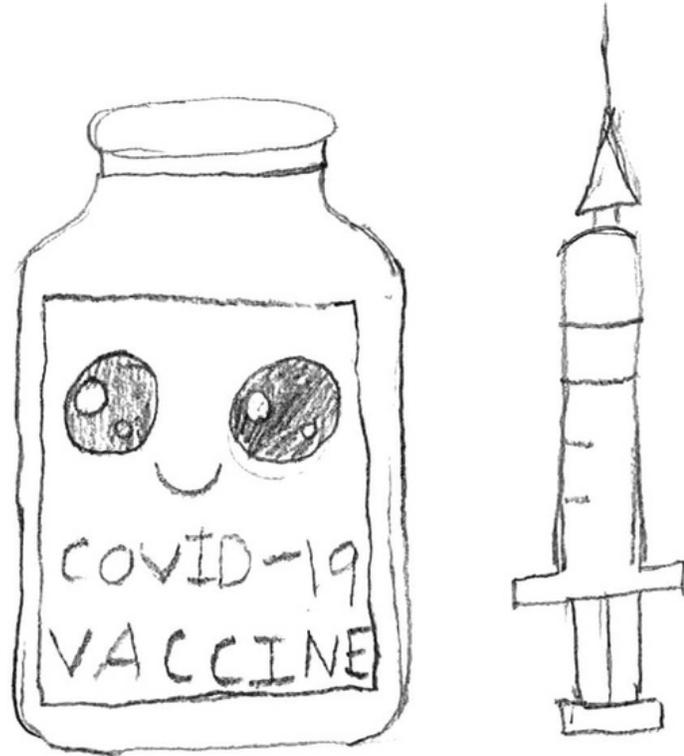


Illustration by Sanvi Patel

Reducing stress through an activity called Zentangle

Stress is the feeling when you’re worried about something, according to kidshealth.org. Experts say too much stress can be bad for your health.

To reduce stress, Ms. Quinn's fourth-grade students tried an art activity called Zentangle. First, we drew four dots in the corners of our

paper. Then, we connected them to make a rectangle or a square. Inside the rectangle or square, we drew three to five free-form lines to divide up the space. In each section created by the lines, we drew different patterns.

“I thought it was fun,” Emanee said. “I enjoyed doing all of the

squiggly lines and patterns.”

One student said: “I thought it was calming. And if someone was having stress right now, this could have helped them.”

“It was fun and I liked the patterns,” another said. “I liked the

(Please see **Zentangle** on Page 2)

Zentangle reduces stress

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lines the best.”

Though some students were tired before and after the activity, 15 out of 19 students enjoyed trying Zentangle.

We recommend Zentangle for kids in third grade and up. One student said that if you were younger, you wouldn't know as many patterns that would make the drawing interesting.

— *By Ms. Quinn's fourth-grade students*

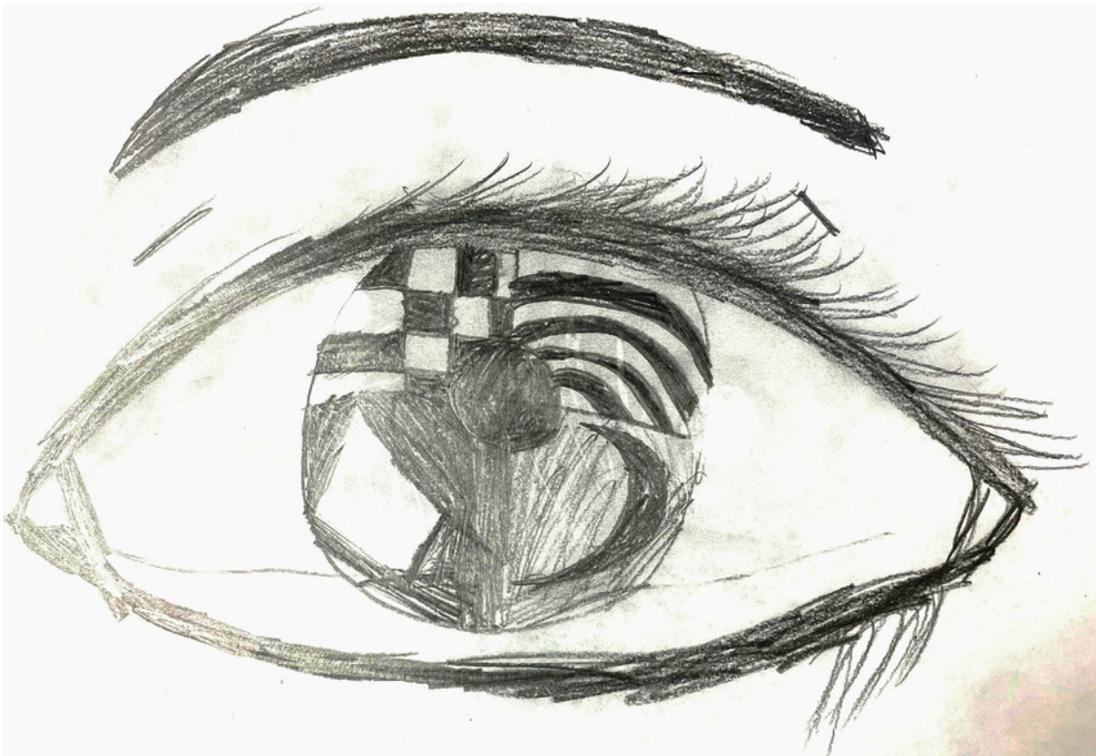


Illustration by Briana Hernandez, fourth grade

Drawing the Zentangle patterns was calming for students in Ms. Quinn's fourth-grade class.

Music, pets, and other ways we relax

Healthy Press reporters explained what they do when they feel sad or frustrated. They said they like to:

Hum my favorite music to myself to calm down. — *Rafael Cardenas*

Go up to my room and listen to music. I like doing this activity because it calms me down and makes me feel better. I would recommend other people to do this because it calms you down in my opinion. — *Christian Amici*

Go to my mom's room and lay down and watch YouTube. I like doing this because it helps me feel better and not sad or frustrated. — *Tabitha Vixamar*

Take deep breaths. It calms my body down and it makes me feel peaceful. — *Kimberly Juanez Ramirez*

Pet my dog, Rex, to calm down. His hair helps me calm my body. — *Robert Leary*

When I feel frustrated, I like to take deep breaths to calm down. When I feel sad, I try to count to 10. — *Rod'myre Saxon*

Listen to music. I feel calm and excited when I listen to music. Sometimes I sing along and sometimes I dance along. — *Alan Rojas Romero*

Pet my dog because he makes me feel calm and my body changes into peacefulness and it feels great. When I am sad I feel weak and have butterflies in my belly, and my dog takes that away. I would recommend others try this if they have a pet. — *Sherlyn Lopez*

Gotwals Healthy Press

The *Healthy Press* is a publication of Gotwals Elementary School in the Norristown Area School District. Third-grade student staff members include Alexia Alcantara, Christian Amici, Darryl Bennett, Rafael Cardenas, Dayana Hernández, Kimberly Juanez Ramirez, Robert Leary, Sherlyn Lopez, Rod'myre Saxon, Naomie Ortiz Martinez, Sanvi Patel, Alan Rojas Romero, Nathanael Stant, and Tabitha Vixamar. The *Healthy Press's* faculty advisor is Mrs. Ogoussan. Ms. Fernandez is Gotwals' school principal.

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